

## ABSTRACT

An exercising apparatus includes a platform adaptable to permit standing, sitting, supine and step-up exercises, and a means for generating a resistance force to enable an individual to employ isometric exercise of the major muscle groups while supported at least in part on the platform. An exercise apparatus includes a platform and one or more guide members running along the bottom of the platform, from one side to the opposite side of said platform, one or more resistance cables, each inserted through a different guide member. Cables can be provided with connectors attached to cable ends. User interface members can be attached to connectors.

10 Resistance cables may each have a different resistance strength.